

# WELCOME TO YOUR AVENIDA LIFE

AvenidaCoolSprings.com | (615) 599 - 3000 | April 2020  
222 Mallory Station Rd. | Franklin TN | 37067

## **A Note to Our Avenida Cool Springs Residents**

As the world continues to face new challenges and difficulties posed by the pandemic known as COVID-19 (novel coronavirus), we are taking extra precautions here at Avenida Cool Springs to safeguard your health and well-being, and also the health of our team members and the entire Franklin community.

We have recently adopted the following measures:

- Stringent cleaning procedures and protocols have been implemented.
- We are limiting access into the community to essential visitors only—namely, those providing care and/or medical attention.
- We will attempt to screen essential visitors for symptoms of infection and to determine if they have visited areas known to be sources of the virus or have interacted with persons who were infected.
- We have suspended our socially interactive programming and activities and are working on offering activities that can be participated in remotely.
- Onsite events that were open to the public have been cancelled.
- Package and meal deliveries are not allowed beyond the front desk; packages must be left in the Amazon Hub or at the front desk for pickup.
- All common area amenities have been closed to promote social distancing.

- All non-essential maintenance requests and non-emergency in-home projects have been postponed, though our team members are still available to respond to emergencies.
- We encourage you to comply with social distancing directives and to contact our staff via phone and email.
- Our Sales team members have suspended all in-person appointments and are continuing their outreach activities via phone, email, and video conferencing.

We are actively monitoring updates from the Centers for Disease Control and our local health agencies, and we will make policy adjustments according to their recommendations. We appreciate that you have chosen Avenida Cool Springs as your home, and we will continue to take every step necessary to make sure you are happy and healthy during these difficult times. We are sensitive to how challenging this time is for everyone and take comfort in knowing that we are all in this together. Wishing everyone continued health.

## 5 Immunity-Boosting Foods & Nutrients

1. **Chicken Soup:** It turns out there is something to chicken soup after all. In one study, hot chicken soup was more effective than hot or cold water at making noses run-a good thing since nasal secretions help rid the body of pathogenic viruses and bacteria. Like any hot liquid, soup also helps you to stay hydrated and raises the temperature of the airways, both of which are important for loosening secretions.

2. **Yogurt:** Regularly eating probiotics, so-called "good bacteria" found in foods like yogurt and sauerkraut, may help your immune system work better and improve digestion. Kefir (a yogurt-like beverage) is also a good bet. Look for products labeled with a "Live & Active Cultures" seal from the National Yogurt Association, which signifies that the yogurt contains a set minimum amount of two particular types of beneficial bacteria.

3. **Green Tea:** One laboratory study suggested that a particular type of polyphenols called catechins may kill influenza viruses. To maximize benefits and minimize bitterness, use just-below-boiling water and steep green tea no more than a minute or two. A little lemon and honey can also help blunt the bitterness. But don't add milk, because the proteins will bind to the polyphenols, making them ineffective.

4. **Vitamin D:** In a study published recently in the *American Journal of Clinical Nutrition*, children who took daily vitamin D supplements (1,200 IU) were 40 percent less likely to get a common flu virus than kids who took a placebo. Laboratory studies indicate that the nutrient may help immune cells identify and destroy bacteria and viruses that make us sick, says Adit Ginde, M.D., M.P.H., a public health researcher at the University of Colorado School of Medicine in Denver. Since the majority of Americans don't get enough vitamin D, most experts recommend a D supplement.

5. **Soluble Fiber:** Soluble fiber-abundant in citrus fruits, apples, carrots, beans and oats-helps fight inflammation, says lead author Christina Sherry, Ph.D., R.D., of the University of Michigan, Ann Arbor. Insoluble fiber-found in wheat, whole grains, nuts and green leafy vegetables-is still important for overall health, but it doesn't seem to have the same impact on immunity. Strive for 25 to 38 grams of total fiber a day, Sherry says, paying extra attention to getting the soluble kind.

## Try Out These Brain Teasers

I left my campsite and hiked south for 3 miles. Then I turned east and hiked for 3 miles. I then turned north and hiked for 3 miles, at which time I came upon a bear inside my tent eating my food! What color was the bear?

Forrest left home running. He ran a ways and then turned left, ran the same distance and turned left again, ran the same distance and turned left again. When he got home, there were two masked men. Who were they?

I have a 9 letter word, 123456789.

If I lose it, I die.

If I have 234, I can 1234.

If I have 56, I am very sick.

235 is the same as 789.

What is the word?

What do the letter **T** and an **island** have in common?

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes (also called blocks or regions) contains the digits 1 to 9. Have Fun!

4				9				
8			7	2		3		
			3					1
	3	4						
6			4		9		3	2
2			5		8	7		
	9		2	5	4	6		3
		8			3			
			6			9	1	